



SPORTS & RECREATION

MARCH 17, 2011



Photos by Elvia Kelly

Soldiers from 526th Eng. Co., 92nd Eng. Bn., participate in a team building exercise at Holbrook Pond Recreation Area and Campground, March 10. Their mission is to have every Soldier cross over the boards attached to the tree, leaving no one behind.



Soldiers from 526th Eng. Co., 92nd Engineers Bn., play a game of "woods ball" during the paintball portion of the Warrior Adventure Quest program, March 10. The mission is to retrieve/defend the flag from the opposing team.

Soldiers exercise team building in Warrior Adventure Quest

Elvia Kelly
Fort Stewart Public Affairs

Soldiers from the 526th Engineer Company, 92nd Engineers Battalion, participated in the Warrior Adventure Quest program at Holbrook Pond Recreation Area and Campground, March 10.

The WAQ is an Army-wide program, offered to Soldiers returning from deployment. It is an avenue that helps Soldiers cope with different kinds of issues that may have developed for them while they were deployed.

"It's designed to help Soldiers deal with stress, anxiety, and adrenaline issues," said Chris Dent, recreation delivery coordinator for Family and Morale, Welfare and Recreation. "The program shows them safe alternatives. Here at Fort Stewart, we utilize paintball, mountain biking, kayaking, and low-ropes team building."

For many of the Soldiers of 526th Eng., 92nd Eng. Bn., the morning began with paintball. The first mission was to capture the blue flag, retrieving it from the opposing team; while the second mission was to defend the flag. With Soldiers running from tree-to-tree and creeping behind boards, the game soon filled the air with that orange paint balls flew through the air.

"Our mission was to get the flag. We started out as

offense. I was the first one to retrieve the flag, but then I was shot. So, our team lost," said Pvt. Kaheem Isaac. "[Warrior Adventure Quest] is a good experience for Soldiers to come out and have fun."

Following the paintball game, a different group of Soldiers were on their way to begin the land navigation mountain biking portion of the program. Upon arriving to their location, the bikes complete with helmets, were readily available to the Soldiers. Their mission was to complete a course by following instructions.

"The biking portion was fun," said Spc. Joshua Williams. "Just getting out and doing something different than the norm is good."

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Fort Stewart Marne/Rocky Conference Intramural Basketball Standings

TEAM	WON	LOST
<u>Marne Conference</u>		
526th EN Co	14	1
3/7 CAV	8	2
756th/766th	11	4
1/30 IN	9	6
703rd BSB	8	7
139th MP Co	5	7
530th EN Co	4	10
C Co, 1/64 AR	2	11
549th MP Co	1	10
<u>Rocky Conference</u>		
HHC, 2HBCT	14	2
MEDDAC	13	2
D, 1/64 AR	9	7
26th BSB	9	5
135th QM Co	8	6
385th MP Co	8	6
1/9 FA	3	12
233 Trans Co	2	11
293rd MP Co	1	14

Hunter Conference Intramural Basketball Standings

TEAM	WON	LOST
<u>Eastern Conference</u>		
HardWork	9	0
HHC 3 CAB	8	1
512 QM Co	6	3
473 QM Co	5	6
2/3rd AVN	3	7
B Co 1/75th RAN/2nd PLT	2	6
10 Trans Co	2	6
B Co 1/75 RAN Fire Suppt	0	7
<u>Western Conference</u>		
317th CAV	6	0
HHC 260 QM Co	6	1
4/3rd AVN	6	2
110 QM Co	5	3
Savannah Corps	4	3
Hunter Marines	4	4
603rd AVN	2	7
224 MI	3	5
3/160th SOAR	1	6
1/3 AVN	0	6

For more information, contact the sports office at **912-767-8238/9795**

Fort Stewart-Hunter Soldiers, Families meet the challenges of Fitness First

Bob Mathews
Family and MWR Marketing Publicity Specialist

Fort Stewart-Hunter Army Airfield Soldiers and Family Members, enthusiastic and ready for some togetherness, challenges and fun, turned out in numbers for the inaugural Fitness First: The Amazing Race on March 12.

At Fort Stewart, the event attracted 109 Families, with an estimated total of 350 participants. About 65 participants took part in the Amazing Race challenges at Hunter.

The event at Stewart took participants from Bennett Sports Complex to Marne Lanes, Newman Gym, Jordan Gym, Corkan Family Recreation Center and Club Stewart.

First Lieutenant Thaddeus Pickett, 2-3 Brigade Troops Battalion, 2nd Heavy Brigade Combat Team, said the Amazing Race was a way for him and his Family to discover more of what Fort Stewart has to offer its Soldiers. First Lieutenant Pickett was with wife, Tami, and son, Daniel. They live in Richmond Hill.

"So far, we've done basketball, baseball (at Bennett

Sports Complex), the rock climb (at Corkan Family Fun Center) and the bowling (at Stewart Lanes)," he said. "We're getting to see more of the things at Fort Stewart that we didn't know were here. It's pretty cool."

One Family reported they ran from one challenge site to another, "just like they do it on television." Most participants drove from one challenge to another.

The We Can! (Ways to Enhance Children's Activity and Nutrition) program was the background theme to the physical challenges offered by the Amazing Race sponsored by each of the Family and Morale, Welfare and Recreation facilities on the challenge path.

Participants' reasons for being a part of it all varied.

"We were looking for something to do as a Family," said Staff Sgt. Billy Turner, Headquarters and Headquarters Battalion, 3rd Infantry Division. "We like to be active. We don't want the kids to just sit around and watch TV and play video games all day." He spoke as he, his wife Lekisia, and sons Ishmael, 14, and Isaiah, 11, waited to take part in the Rock Wall climb at Corkan.

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Renee Reese

Youth enjoy a game of basketball

Fort Stewart Youth Center members enjoy a leisurely game of basketball, March 11. Youth of all ages gathered on the basketball court throwing hoops and fine tuning their jump shots. Liberty County Schools were closed, giving youth in the community another opportunity to sharpen their hoop skills and have fun with their friends at the Youth Center.

QUEST ————— **from Page 1C**

While teams of Soldiers were completing different portions of Warrior Quest, others were practicing team building exercises. In that event, Soldiers worked together to complete small obstacle courses without verbal communication. As a result, hand signals, body movement, and even cell phones were tools for communication.

"We did ropes, no-ropes exercises. The object was to communicate with each other without speaking to get across the obstacle," said Spc. Robert Gadberry. "It was definitely something that required team building, especially when you're in an unstable environment. Also, a program like this is a good stress reliever. We are in a casual environment, getting exercise and this

is a good way to spend the day."

Warrior Adventure Quest runs through October, benefiting Soldiers in about 30 garrisons, Dent said. The idea behind programs like WAQ is to provide a means to alleviate levels of tension. The program emphasizes adaption and strength through resiliency, a topic discussed to the Soldiers at the conclusion of the games.

"Once the Soldiers have completed the day's activities, we sit down with them and go through a resiliency portion of the program," Dent said. "We talk about how they felt about the program, how it relates to what they may have experienced downrange, and how they can use it as a tool to relieve stress."



Elvia Kelly

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Bob Mathews
Randy Walker, Intramural Sports Director at Fort Stewart, lends a helping hand to Isabel Cordero, 4, during the Fitness First: The Amazing Race baseball challenge. Looking on is her mother, Taryn Cordero, wife of PFC Freddy Cordero.

RACE ————— **from Page 1C**

Staff Sergeant Turner said his Family found the softball event challenging.

"We had a hard time hitting the ball into the outfield," he said. "We enjoyed the free throws and the Wii Challenge. We're having a great time."

Staff Sergeant Augusto Bernard, 2nd Battalion, 7th Infantry Regiment, 1st Heavy Brigade Combat Team, and wife Magdalena took part in the race with daughters Alyssa, 6, and Alivia, 5.

"We are doing this today to show our kids that it is fun to exercise and keep fit," Magdalena said. "We're also doing it as a Family bonding experience. We all play softball; my girls do tee ball. We're a pretty active Family."

The Amazing Race was a chance for a group of spouses whose husbands are deployed to get together and have fun while waiting for their Soldiers to come home, said Colleen Baccus, whose husband, Staff Sgt. Gary Baccus of 3rd Battalion, 7th Infantry Regiment, is currently deployed with the 4th Infantry Brigade Combat Team. Their group

was composed of six mothers and 12 children ranging in age from one month to five years old.

"The kids love it. They are having a great time," she said.

At Fort Stewart, event sponsor Mike Reed, owner of Mike Reed Chevrolet of Hinesville, presented a check for \$800 to the Centurions 2-3 BTB Family Readiness Group. Of the 14 participating FRGs, the Centurions had the greatest number of Families.

The "passports" of all who completed the Amazing Race were entered into a drawing for a 32-inch flat screen TV, a Wii and a Wii Fit. Reed drew the name of the winner, Spc. Nathan LaFountain of 2-3 BTB.

The winning Family Readiness Group at Hunter was the 3rd Battalion, 160th Special Operations Aviation Regiment. Gregory Smith of, 4th Battalion, 3rd Aviation Regiment, won the Wii Fit, Drew Gaboriavl the Wii and Cody Gaboriavl the television.

Fort
Stewart's **Bass**
Tournament
March 19 at Pond 1
6:30 a.m. to 11 a.m.

Try your luck and test your skills during the Bass Tournament (total weight, five-fish maximum), which will launch at safe light about 6:30 a.m. and continue until the weigh-in at 11 a.m. March 19 at Pond 1, Pineview Lake on Fort Stewart.

Registration is being accepted at the Stewart and Hunter Pass and Permit Offices.

The Stewart office is in building 8093. The Hunter office is in building 1286.

Registration from March 11-18 is \$20 for active duty Soldiers, retirees and their Family Members and youth 16 and younger. The civilian community fee March 11-18 is \$30.

Late registration, from 5:30-7 a.m. March 19, is \$30 for active duty Soldiers, retirees and their Family Members and youth 16 and younger. The civilian community fee is \$40.

TIME OUT! Work on yourself



Commentary by Jennifer Hartwig
Hunter Army Airfield Public Affairs

Why is it that it's so difficult to do well, and so easy to throw it away?

That statement can be taken about 10,000 different ways, so let me be

more clear.

Losing weight is so very hard, yet we can put on a few pounds without even realizing it. You work out four or five days a week, diet and if you're lucky you lose a pound or two in a week.

And dieting is hard. I hate dieting. I don't mean eating healthy, I mean really dieting – where you change your habits and deprive yourself.

Some people have a lot of weight to lose, some a little, and some just need to maintain their healthy lifestyle. But our weight is an indicator of our health, and it's something that too many of us let fall by the wayside.

The most important thing a person can do for themselves is to live a healthy lifestyle and that includes maintaining a healthy weight, which prevents medical conditions like high blood pressure, high cholesterol and diabetes.

We all know we should eat right and exercise regularly to maintain a healthy weight, but so many

of us don't do it. We stay at work late and can't find the time to get to the gym; we are tired, so we skip the gym; or we have to run to an appointment and eat something quick, and make the wrong food decision.

Every day we have the option to find an excuse, and we need to find the drive to not make excuses – we have to find the proper mindset and routine.

I've been in the mindset and out of it numerous times in my life. When you get a new job, or you meet someone new, or you have a child, the gym suddenly gets harder and harder to fit in and we tend to eat quicker, less healthy and nutritious foods. We lose sight of our health, without even realizing it.

We spend 10 minutes showering in the morning, 20 minutes on our hair and makeup and 10 minutes more trying to figure out what to wear; yet we can always find an excuse not to spend 45 minutes at the gym. We'll spend that much time getting our nails done, but can't find the time to work on our health.

So when did it become OK to be overweight? What I mean is, it shouldn't be seen as acceptable to be overweight. We need to stop making excuses for being lazy and making bad decisions – we need to take care of ourselves. Weight shouldn't be seen

merely as a vanity issue, but a health issue. Being overweight is an unnecessary health risk.

And I know working out is hard, and the results aren't immediate, which is I think where the hesitation lies. When we spend 30 minutes doing our hair, we have instant gratification; but with our fitness, we don't see the results immediately, and as a society we are too impatient for that.

But if you work out regularly, you will see results – there's no doubt about that. You just have to have patience, and be consistent. You have to continuously make better decisions, and find the time to work on you.

So I challenge each and every one of you reading this – get out and exercise today. Go take advantage of the great facilities we have at Fort Stewart and Hunter Army Airfield – use the cardio equipment, the free weights, swim some laps in the pool or take one of the fun fitness classes at Tominac or Newman Fitness Center. Even if you don't have time to go to the gym, take a 20 minute walk at lunch.

Working out should be fun. You just have to find what is fun for you. For me, it's Zumba at Tominac on Monday at lunchtime and Tuesday and Thursdays evenings.

Find what works for you, and start getting the body you deserve!



Sports Briefs

Golf membership drive continues

Through March 31, a membership drive at Taylors Creek Golf Course and Hunter Golf Club is offered. Soldiers who are redeploying back to Fort Stewart and Hunter Army Airfield can join Taylors Creek and Hunter Golf for 20 percent off the Fiscal Year 2011 pro-rated fee. For details, call 912-767-2370 or 912-315-9115.

Tee-off with DPTMS

Registrations are underway for the second annual Directorate of Plans, Training, Mobilization and Security Golf Tournament, April 1. Check-in is 11 a.m. with a noon start time at Taylors Creek Golf Course, 912-767-2370.

The format is a four-person scramble, with two mulligan's available per player. The event is limited to the first 100 players. Prizes will be awarded

to the first, second, third place teams; longest drive contest; closest to pin on all par 3's; 'hit the green' contest; hole-in-one on two par 3's; straightest drive contest and lots of door prizes.

For more information contact Master Sergeant Williams Steven, 912-210-7213, steven.williams8@conus.army.mil; or Sgt. 1st Class Alvin Thompson at 912-572-9904, alvin.thompson@conus.army.mil.

Cross-fit Military Appreciation Day slated

Cross-fit Savannah in Hinesville (1875 E.G. Miles Parkway) honors members of the armed forces by offering free training and nutrition advice to Soldiers and their Families. The event also includes a cross-fit competition with prizes, including three free weeks of membership.

The competition sign-up deadline is March 25.

The competition is open to all Soldiers and their Families. The event will be held from 11 a.m.-6 p.m. For any questions or to sign-up for the competition, contact Capt. Ash Thomas, 912-435-9741 or Ashish.thomas@us.army.mil, or Cross-fit Savannah owner Tina Carson at 912-385-3837 or Tina_Marie797@hotmail.com.

Tominac charges daily group fees

Hunter's Tominac Fitness Center has started charging a fee for daily group fitness. The group fitness classes include Zumba, influenced by Latin dances, Yoga, a stretch exercise for the body, Boot Camp, Kick Box, Power Yoga & Pilates, and Cycle X Spinning.

Fees are one session for \$3 or ten sessions for \$25. For more information about the changes, call 912-315-5078.